

MENU FOR

Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station

847-9371

547-3125

427-3287

562-6592

666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
July 4	July 5	July 6	July 7
Independence Day Holiday ADRC Office & All Mealsites Closed	Budget Cut Day All Sites Closed	Chicken Breast Sweet Potatoes Green Bean Casserole Potato Bread/Butter Frosted Cake	Hungarian Goulash Cabbage/Carrots/Dill Wheat Roll/Butter Apple Crisp
July 11	July 12	July 13	July 14
BBQ Pork/Bun Tator Tots Corn Coleslaw Tropical Fruit Salad	Hamburger Gravy Mashed Potatoes Glazed Carrots Potato Bread/Butter Pudding	Roast Turkey Mashed Potatoes/Gravy Mixed Vegetables 12 Grain Bread/Butter Seasonal Fruit	Meat Loaf Baked Potato & Sour Cream Green Peas Wheat Roll/Butter Frosted Cake
July 18	July 19	July 20	July 21
Boiled Dinner/Ham Carrots/Cabbage/Potatoes 12 Grain Bread/Butter Dessert Bar	BBQ Chicken Augratin Potatoes Squash Wheat Roll/Butter Seasonal Fruit	Shredded Beef/Bun Carrot Coins Spring Pea Salad Fruited Jello	Beef Stir Fry/Rice Chow Mein Noodles Oriental Blend Veg. Wheat Roll/Butter Apple Crisp
July 25	July 26	July 27	July 28
Chicken Salad/Croissant Lettuce Leaf Wild Rice Soup Waldorf Salad Chilled Peaches	Swedish Meatballs Mashed Potatoes Glazed Carrots 12 Grain Bread/Butter Brownie	Chicken Patty/Bun Cheese Slice/Lettuce Baked Beans Sliced Beets Cookie	Sloppy Joe/Bun Peas & Carrots Potato Salad Fruit Cobbler

CONGREGATE MEAL (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Mauston Mealsite- Adult Center, Courthouse Annex Basement, 220 E. La Crosse Street,

Necedah Mealsite- Necedah Village Hall, 100 Center Street, **Camp Douglas Mealsite-**

Camp Douglas Village Hall, 304 Center Street, **New Lisbon Mealsite-**New Lisbon Fire

Dept, 234 Pleasant Street, **Lyndon Station Mealsite-** Beagles Bar & Grill, 107 W. Flint Street,

WONEWOC MENU
Bernies Wagon Wheel II
229 Center Street, Wonewoc
464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 5	July 6	July 7	July 8
Spaghetti/Meatsauce Corn Garlic Bread Ice Cream	Chicken Breast Sweet Potatoes Green Bean Casserole Potato Bread/Butter Frosted Cake	Hungarian Goulash Cabbage/Carrots/Dill Wheat Roll/Butter Apple Crisp	Fish/Tartar Sauce Baked Potato Bread/Butter Beets Cookie
July 12	July 13	July 14	July 15
Hamburger Gravy Mashed Potatoes Glazed Carrots Potato Bread/Butter Pudding	Roast Turkey Mashed Potatoes/Gravy Mixed Vegetables 12 Grain Bread/Butter Seasonal Fruit	Meat Loaf Baked Potato/Sour Cream Green Peas Wheat Roll/Butter Frosted Cake	Fish/Tartar Sauce Tator Tots Corn Coleslaw Tropical Fruit
July 19	July 20	July 21	July 22
BBQ Chicken Augratin Potatoes Squash Wheat Roll/Butter Seasonal Fruit	Shredded Beef/Bun Carrot Coins Spring Pea Salad Fruited Jello	Beef Stir Fry/Rice Chow Mein Noodles Oriental Blend Veg. Wheat Roll/Butter Apple Crisp	Fish/Tartar Sauce Potatoes Green Beans 12 Grain Bread/Butter Dessert Bar
July 26	July 27	July 28	July 29
Swedish Meatballs Mashed Potatoes Glazed Carrots 12 Grain Bread/Butter Brownie	Chicken Patty/Bun Cheese Slice/Lettuce Baked Beans Sliced Beets Cookie	Sloppy Joe Peas & Carrots Potato Salad Fruit Cobbler	Fish/Tartar Sauce Wild Rice Soup Waldorf Salad Chilled Peaches

CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

ELROY MENU
Grace Lutheran Church
206 Erickson Street, Elroy
462-5175

MONDAY	TUESDAY	THURSDAY	FRIDAY
July 4	July 5	July 7	July 8
Independence Day Holiday ADRC & All Meal Sites Closed No Meals Served	Baked Chicken Mashed Potatoes/Gravy Carrots Cranberries Dinner Roll/Butter Fresh Fruit	Baked Ham Sweet Potatoes Spinach Dinner Roll/Butter Rhubarb Dessert	Fish Nuggets/Tartar Sauce Potatoes Green Beans Dinner Roll/Butter Jello/Fruit
July 11	July 12	July 14	July 15
Ham Boiled Dinner/Veg Cottage Cheese Peaches Frosted Cinnamon Roll	Hamburger Steak Potatoes/Gravy Broccoli Apple Rings Dinner Roll/Butter Pie	Spaghetti/meatsauce Tossed Salad/Fr. Dress. Fruit Salad Garlic Bread Brownie	Roast Beef Potatoes/Gravy Carrots Dinner Roll/Butter Fresh Fruit
July 18	July 19	July 21	July 22
Polish Sausage with Sauerkraut Baked Beans Macaroni Salad Bun/Butter Fruit	Baked Chicken Potatoes/Gravy Peas & Carrots Cranberries Dinner Roll/Butter Pudding Dessert	Meat Loaf Baked Potatoes Scalloped Corn Pickles Dinner Roll/Butter Ice Cream/Topping	Tuna pasta Bake Peas Tropical Fruit Dinner Roll/Butter Oatmeal Cake
July 25	July 26	July 28	July 29
Chicken Ala King Biscuit/Butter Mixed Vegetables Peach-pear Mix Cookie	BBQ Beef/Bun Potato Salad Baked Beans Fresh Fruit	Pork Roast Potatoes/Gravy Peas & Carrots Applesauce Dinner Roll/Butter Cake	Tator Tot Casserole With Vegetables Fruit Dinner Roll/Butter Baked Custard

CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

What is Voter Identification (Voter I.D.) Law?

On May 25, 2011, Governor Scott Walker signed a bill requiring voters to show a photo ID in order to vote. However, the bill also says voters do not need ID at the special and recall elections in 2011. During 2011 elections, voters will be asked to show a photo ID; however, a photo ID is not required until the Spring of 2012.

Voters who do not have photo ID for elections in 2011 will be given written information about the requirement in 2012. **In no way should any voter without ID be prohibited from voting in 2011.**

What about the recall elections?

You can vote in the upcoming recall elections without ID, If you are asked for ID, but don't have ID, set the record straight. Eligible Wisconsin voters can still vote without ID in elections prior to 2012—this includes the recall elections!

Tips for Voting Day in 2011

- ◆ If you don't have a photo ID, ASK IF YOU CAN VOTE WITHOUT IT! Poll officials must inform you of your right to vote without a photo ID in 2011.
- ◆ If you have a photo ID, bring it with you.
- ◆ Be a resource for other voters who may be confused about their right to vote with a photo ID. Bring copies of this brochure with you to share!

Complaints and Concerns

If you witnessed actual or attempted acts of discrimination or intimidation in the voting process related to the Voter ID law or any other matter, you should report this to the Civil Rights Division of the United States Department of Justice at 1-800-253-3931.

If you are told by any official at any polling place that the ID is required in 2011, you should file a complaint with the Wisconsin Government Accountability Board which can be contacted by phone at 608-266-8005, or e-mail gab@wi.gov Their complaint form is also online at <http://gab.wi/node/1282>

What ID will be required in 2012?

- ◆ A Wisconsin Department of Transportation (DoT) issued drivers license
- ◆ A Wisconsin Department of Transportation (DoT) issued identification card
- ◆ An identification card issued by a U.S. uniformed service.
- ◆ A U.S. passport.

- ◆ A certificate of naturalization that was issued not earlier than 2 years before the date of an election which it is presented.
- ◆ An unexpired driving receipt issued by Wisconsin DoT.
- ◆ An unexpired identification card receipt issued by Wisconsin DoT.
- ◆ An identification card issued by a federally recognized Indian tribe in Wisconsin.
- ◆ An unexpired identification card issued by a Wisconsin-accredited university or college that contains the following:
 - Date of issuance
 - Signature of Student
 - Expiration date not later than 2 years after Date of Issuance.

How do I get a free Voter ID?

Wisconsin Act 23 requires the Department of Transportation to provide free ID cards to any US citizen

Who will be at least 18 years of age on the date of the next election **and who requests the identification card be provided without charge for purposes of voting.** See Wis. Stat. Sec. 140.343.50(5)(a)3.

For information about the requirements to obtain a Wisconsin ID card, please visit the <http://www.dot.wisconsin.gov/drivers/drivers/apply/idcard.htm>

Because of the need to obtain a birth certificate and other documents, **voters are urged to start the process early.**

**Brought to you by Coalition of WI Aging Groups
2850 Dairy Drive, Suite 100
Madison, WI 53718
Tel: 800.366.2990**

Wisconsin Heat Awareness Day

June 9, 2011

(Madison)—Heat can kill. That's why Wisconsin Emergency Management and the National Weather Service are reminding people of the dangers associated with extreme heat and to promote safety measures.

Heat is the number 1 weather related killer in the United States. In 2010, excessive heat claimed 138 lives across the country.

In 1995, 2 major killer heat waves affected most of Wisconsin resulting in 154 heat-related deaths and over 300 heat-related illnesses. Summer heat waves have been the biggest weather related killers in Wisconsin for the past 50 years, far exceeding tornados and severe storms.

To help keep cool this summer, here are some tips to keep safe in hot weather:

1. Never leave children, disabled persons or pets in a parked car—even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
2. Keep your living space cool. Cover windows to keep the sun from shining in. If you don't have an air conditioner open windows to let air circulate. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than upper floors.
3. Slow down and limit physical activity. Plan outings or exertion for the early morning or after dark when temperatures are cooler
4. Drink plenty of water and eat lightly. Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot heavy meals.
5. Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool... don't forget sunscreen.
6. Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.

Spotlight on Social Security

JULY 2011

Distributed by Ken Hess, Social Security Public Affairs Specialist for Wisconsin

Americans have been explorers long before we declared our independence on July 4, 1776.

Colonists were brave enough to venture across the seas to settle in the unknown frontier of the New World. From there, westward expansion eventually took them from the east coast to the west. Then came the space race, and imagined places to explore. Shows like *Star Trek* called space the final frontier. But we've since found new frontiers, such as cyberspace.

If you've used Social Security's website, then you know cyberspace is no longer a strange, uncharted territory. Social Security's online services are so easy to navigate, even Kirk could use them (as Patty Duke tells George Takei in one of our new public service announcements—check them out at www.socialsecurity.gov/boldygo).

What are some of the things you can do easily at www.socialsecurity.gov ?

- ◆ Use our *Retirement Estimator* to get an instant personalized estimate of your future Social Security Retirement Benefits.
www.socialsecurity.gov/estimator
- ◆ Visit our *Benefits Planner*, where you can get started right away planning for a secure retirement. You also can go here to use the disability and survivors planners to find out how much you or your family might qualify for if the need arises. www.socialsecurity.gov/planners
- ◆ Retire online! You can complete and submit your retirement application in as little as 15 minutes. www.socialsecurity.gov/retireonline
- ◆ Apply online for disability benefits.
www.socialsecurity.gov/applyfordisability

There's even more you can do at

www.socialsecurity.gov. If you're feeling adventurous and want to explore, look around our home page, read some of our publications, and take advantage of our most popular services at the left side of the screen. You even can chart a course to our frequently asked questions.

It wasn't fireworks and parades that made America what it is today. It was our adventurous spirit, our desire to explore new places. We encourage you to explore the cyber frontier for your Social Security business at www.socialsecurity.gov.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213 8th Street South, Wisconsin Rapids, Wisconsin 54494 or via e-mail at Kenneth.hess@ssa.gov

Watson's Friends Help and Social Security

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI.

In February, 2011, *Jeopardy!* broadcast it's first competition that pit man against machine. Watson, an artificial intelligence computer system developed by IBM, competed against the show's 2 most successful champions: Ken Jennings (longest winning streak) and Brad Rutter (biggest money winner).

Watson won, with the help of a 4-terabyte memory that included 200 pages of encyclopedias—including the full text of *Wikipedia*.

We at Social Security have known for some time that computers can help people. As a result, we developed and now have some of the best online services in the world. Time and time again, Social Security's online services are at the top of customer satisfaction surveys.

So here's a *Jeopardy!* answer of our own: "You can conduct these online services at www.socialsecurity.gov" What is the question?

- ◆ What is "get an instant, personalized estimate of future benefits with the *Retirement Estimator* at www.socialsecurity.gov/estimator"?
- ◆ What is "apply for Social Security retirement, spouse's Medicare or disability benefits at www.socialsecurity.gov/applyonline"?
- ◆ What is "apply for *Extra Help* with Medicare Prescription drug costs at www.socialsecurity.gov.prescriptionhelp"?
- ◆ What is "request a replacement Medicare card at www.socialsecurity.gov/pgm/links_medicare.htm"?

All of the above are acceptable answers.

Computers are capable of making our lives much easier. In fact you might say that using our online services makes doing business with Social Security... elementary dear Watson. See for yourself at www.socialsecurity.gov

Spend Some Quality Time on Social Security's Website

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI.

Summertime is here, and for many people that means vacation. Some of the best vacations are the ones that allow you to spend time with family, who live far away.

If you are planning to visit your kids or grandkids this summer, why not make the most of your time with them? You may know your way around a computer. But youngsters today who grew up on a computer can teach most of us some new tricks. And they'd probably be thrilled to share some online time with their grandparents. Ask them to pull out their tablet, ipad or lap top and show you how to find your way around Social Security's website www.socialsecurity.gov.

Ask them to show you how to use www.socialsecurity.gov to avoid unneeded trips to a Social Security office. Have them show you our library of online publications containing

all the information you might want to know on an array of Social Security, retirement and Medicare subjects. The publications can be found at www.socialsecurity.gov/pubs/index.html. If you're thinking about retirement, for example, you may want to check out *When to start receiving Retirement Benefits* at www.socialsecurity.gov/pubs/10147.html. (unlike some libraries there's no due date to remember)

That was easy: With the young ones helping you, you might as well go ahead and spend another 15 minutes to get the job done. No need to put on your shoes and sunglasses—you can apply online without having to leave your home. Visit www.socialsecurity.gov/applyonline where you can apply for benefits in as little as 15 minutes. Once you click the “submit” button, you're done; in most cases there are no forms to sign or documents to mail in.

Here's the way to get attention of the young ones; ask them about Facebook and Twitter. Once they have you on Facebook, you'll have a new way of connecting with them. Did you know Social Security is on Facebook and Twitter too? Just go to www.socialsecurity.gov and click on Facebook and Twitter icons on the main page. Visiting your kids and grandchildren can be a lot of fun. Make it productive as well by asking the young whiz kid in your family about www.socialsecurity.gov.

Every Month is “National Social Security Online”

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI.

Have you ever stopped to appreciate the many celebrations we enjoy in this country? For example, did you know that July is National Baked Beans Month? It's also National Hot Dog Month. If beans and hot dogs are not on your diet, that's okay— It's also National Blueberry Month!

July also happens to be National Ice Cream Month—something almost as American as apple pie, (National Apple Pie Month was in May).

As you are marking your calendar to keep all of these festivities in mind, we want to make sure you're aware that every month can be National Social Security Online Month!

As you're taking all of these commemorative foods out on a picnic (July is also National Picnic Month), take your laptop or tablet with you so you can visit www.socialsecurity.gov. Whether you want to see what's new at Social Security with our news section, find an answer with a question with our frequently asked question section, or plan for your retirement with our *Retirement Estimator or Benefit Planners*, you can do it easily at our website.

Make www.socialsecurity.gov a part of your recreation (July is National Recreation Month). Visit our history page to learn all about history and early days of Social Security. Resting on a blanket under a tree is a fun way to spend a picnic, but if that is boring (July is National Anti-Boredom Month) you'll want to tune into some of our fun public service announcements featuring Patty Duke, George Takei, Chubby Checker and Don Francisco at www.socialsecurity.gov/pressoffice/psa-video.html.

If you're feeling ambitious and ready to retire, you may even decide to apply online for benefits as you're enjoying your baked beans and ice cream. You can apply easily in as

little as 15 minutes. Patty Duke and George Takei will tell you all about it in the online videos.

If you go to our home page, you'll find our most popular services listed on the left-hand side of the page. These include getting or replacing a Social Security card, applying for retirement or disability benefits, applying for Medicare and getting *Extra Help* with Medicare Prescription drug costs. There is so much you can do at Social Security's website, you may find your self celebrating National Social Security Online Month throughout the year.

Retirement Estimator Celebrates 3 Years

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI

It's been 3 years since Social Security's *Retirement Estimator* online. Within months of coming out the online application was praised as one of the highest-rated online services around, and it has consistently remained so every year.

Results from the American Customer Satisfaction Index show Social Security's online *Retirement Estimator* in one of the top 2 spots, with a score of 90. (Social Security's online benefit application took the top spot.) The *Retirement Estimator* ranks higher than the websites of any other public and private sector agencies and companies, including the likes of Netflix and Amazon.

Millions of people have used the *Retirement Estimator*. You may try it yourself at www.socialsecurity.gov/estimator.

Now that Social Security's most popular online is available in Spanish at www.segursocial.gov/calculador. Even more people can use the *Retirement Estimator*.

The *Retirement Estimator* is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive feature of this calculator is that it uses your earnings information on file at Social Security, without displaying your personal information. So you get an instant personalized estimate of your future retirement benefits.

The *Estimator* even gives you the opportunity to run different scenarios and "what if" situations. For example, you can change the date you expect to retire or change expected future earning to create or compare different retirement options. This can help you as you plan ahead.

To use the *Retirement Estimator*, you must have enough Social Security credits to qualify for benefits and you cannot be receiving benefits currently.

Experience the best online service now by visiting Social Security's *Retirement Estimator* at www.socialsecurity.gov/estimator. Then, once you've sketched out your retirement plans, you'll know where to go when the time comes to apply for benefits; online at www.socialsecurity.gov

Social Security

Questions & Answers

GENERAL

Question:

I thought I saw Patty Duke with George Takei in a new video for Social Security. Was that really them?

Answer:

Yes. Patty Duke joined George Takei to tell Americans to Boldly Go to www.socialsecurity.gov to apply for retirement, disability, Medicare and so much more. The 2 celebrities have donated their time for a new campaign promoting Social Security's online services as an easy and secure way for people to do business with the agency. Learn more at www.socialsecurity.gov where you can also watch the video online.

Question:

When a person who has worked and paid Social Security taxes dies, who is eligible for survivors benefits?

Answer:

Social Security survivor benefits can be paid to:

- Widows or widowers—full benefits at full retirement age, or reduced benefits as early as age 60.
- Disabled widows or widowers—as early as age 50
- Widows or widowers at any age if they take care of the deceased's child who is under age 16 or disabled and receiving Social Security benefits.
- Unmarried children under 18 or up to age 19 if they are attending high school fulltime.
- Under certain circumstances, benefits can be paid to stepchildren, grandchildren, or adopted children.
- Children at any age who were disabled before age 22 and remain disabled; and
- Dependent parents age 62 or older.

Even if you are divorced, you still may qualify for survivor benefits based on earnings record of a former spouse. For more information, go to www.socialsecurity.gov

RETIREMENT

Question:

What is a Social Security "Credit"?

Answer:

During your working years, earnings covered by Social Security are posted to your record. You earn Social Security credits based on those earnings. The amount of earnings needed for 1 credit rises as average earnings level rise, in 2011, you receive 1 credit for each \$1,120 of earnings. You can earn up to a maximum of 4 credits a year. Most people will need a minimum of 40 credits (or 10 years of work) to be eligible for retirement benefits.

Learn more by reading the online publication *How You Earn Credits* at www.socialsecurity.gov/pubs/10072.html

Question:

What's so easy about applying online for benefits?

Answer:

There's no need to go to a local Social Security office or wait for an appointment with a Social Security representative. You can apply in less than 15 minutes. Just visit www.socialsecurity.gov. Once you submit your electronic application, you're done. In most cases, there are no forms to sign or documents to mail. Try it at www.socialsecurity.gov.

Question:

What is the earliest age that I can begin receiving retirement benefits?

Answer:

You can get a reduced benefit as early as age 62. Keep in mind that your monthly benefit amount would be about 33% higher if you wait until age 66 and nearly 80% higher if you defer payment until age 70. Visit our *Retirement Estimator* to find out how much you can expect to receive. You can find it at www.socialsecurity.gov/estimator.

DISABILITY

Question:

How does Social Security decide if I am disabled?

Answer:

For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before, and based on your age, education and work experience, you are unable to adjust to any other work that exists in significant numbers in the national economy. Also your disability must last or be expected to last for at least one year or to result in death. Social Security pays only for total disability. No benefits are payable for partial disability or short term disability (less than a year). For more information, we recommend you read *Disability Benefits* (SSA publication No. 05-10029); available online at www.socialsecurity.gov/pubs/10029.html.

Question:

What is the earliest age that I can receive Social Security disability benefits?

Answer:

There is no minimum age as long as you meet the Social Security definition of disabled and you must have worked long enough under Social Security to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of 4 work credits each year. The amount of earnings required for a credit increases each year as general wage levels go up, is currently \$1,120. The number of work credits you need for disability depends on your age when you become disabled. For example, if you are under age 24, you may qualify with as little as 6 credits of coverage. But people disabled at age 31 or older generally need between 20 and 40 credits and some of the work must have been recent. For example, you may need to have worked 5 out of the past 10 years. Learn more at www.socialsecurity.gov/disability.

SUPPLEMENTAL SECURITY INCOME

Question:

What is the purpose of Supplemental Security Income or SSI?

Answer:

SSI is designed to help aged, blind and disabled people who have little income and few resources. It provides financial assistance to meet basic needs for food, clothing, and shelter. You can receive SSI even if you have not worked and paid into Social Security. SSI is a Federal income supplemental program funded by general tax revenues (*not* Social Security). Find out more at www.socialsecurity.gov/ssi/.

Question:

My brother recently left me some money. Will this inheritance affect my SSI benefits?

Answer:

We consider the money inherited from your brother income for the month you receive it. That could make you ineligible for SSI that month, depending on the amount of the inheritance. If you keep the money into the next month, it becomes part of your resources. You cannot have more than \$2000 in resources to remain eligible for SSI. You should call Social Security at 1-800-772-1213 and report the inheritance. Representatives can tell you how your eligibility might be affected. People who are deaf or hard of hearing may call our toll-free TTY number 1-800-325-0775, between 7 a.m. and 7 p.m., Monday through Friday.

MEDICARE

Question:

Who is eligible for extra help with Medicare Prescription drug costs?

Answer:

Medicare beneficiaries with limited income and resources may qualify for extra help. The extra help can save them money. It pays part of the monthly premiums, annual deductibles,, and prescription co-payments under the new Medicare prescription drug program. The extra help is estimated to be worth an average of \$4,000 per year. Help someone qualify and apply at www.socialsecurity.gov/prescriptionhelp

Caregiver Assistance News

Hospice Care and Crushing Grief

To qualify for hospice, the person must be certified as terminally ill by his doctor and the hospice medical director. "Terminally ill" means having a life expectancy of 6 months or less if the disease runs its normal course.

Hospice care is offered for 2 periods of 90 days, followed by an unlimited number of 60 day periods, as long as the physician recertifies that the patient is still terminal. A patient may leave hospice care if his condition improves and reenter if it worsens.

Principles of Hospice Care

Hospice recognizes the importance of including the ill person, family and other loved ones in the care plan.

Hospice services provide expert, compassionate care and make it possible for a dying person to remain at home. The earlier hospice care begins, the more it can help loved ones enjoy the best quality of life as a family unit.

Sometimes a doctor and hospice program don't agree on who should get hospice care, especially when a patient does not have a clearly defined illness or "terminal condition." If this happens, ask the doctor to explain why she believes the person is eligible and why hospice does not. Or try another hospice.

Once the decision is made for hospice care, a doctor must sign an order requesting it.

What Hospice Care Provides

Hospice delivers comfort and support for people in the final stages of a terminal illness—and to their families. The hospice team are trained medical professionals who focus on easing pain and managing symptoms. They provide medical, emotional, psychological and spiritual care to the person and family. They assist the family in coping with their coming loss and their grief afterward.

Most hospice care is delivered in the home, but it can also be provided in nursing homes, some assisted living facilities and hospice facilities. The person who is ill and the family are the core of the hospice team and are at the center of all decision making.

Although a family member or other caregiver cares for the person on a daily basis, a hospice nurse is available 24 hours a day to provide advice and make visits.

Taking Care of Yourself- Talk things through

Caregiving for someone who is dying can be demanding and it's important for everyone involved to take proper care of his or her needs. A leading cause of depression is not talking about your feelings. Your spirits lift after talking to a friend or therapist because you've shared your feelings. Try writing your thoughts in a journal when you feel down and always maintain close contact with others who you can talk to.

Note:

If a person with Alzheimer's is able to *retain* the information that a loved one has died, then he should be told. However, since Alzheimer's is a disease of severe memory loss, repeating information that only causes painful emotions may be unnecessary.

Inspiration:

They may forget what you said, They may forget what you did, but they never will forget how you made them feel. *Maya Angelou*

Resource For You:

Hospice Foundation of America, (800) 854-3402 www.hospicefoundation.org

National Hospice & Palliative Care Organization, (800) 658-8898 www.nhpco.org

These organizations provide information and referral service, resources on end-of-life care, brochures on hospice, volunteering and bereavement.

Call your local **Social Security Administration, Health Department, State Hospice Organization**, or call (800) 633-4227 **Medicare Hotline** to learn about hospice benefits.

Dying At Home

Most people would prefer to die at home. Hospice gives them that choice. When setting up a home for hospice care, try to keep it as familiar and “homey” as possible, to make the person feel most at ease. If possible, consult the person in your care to find ways to keep things comfortable and familiar.

Where a person dies may be as important as *when* they die. People who die at home, receiving hospice or *palliative* care (care that eases suffering but does not try to cure) experience less pain and distress than those who die in a hospital. Their friends and family suffer less too. And, less pain, distress and emotional upset may even prolong life, giving the family more time to enjoy each other.

Sometimes, of course, a person’s symptoms cannot be managed at home. In these cases, no one should think that going to a hospital for care is a failure. The dying person’s comfort is most important goal in end-of-life care.

GRIEF

Coping with Reminders after a Loss

Anniversary Reactions happen when something reminds a person of the loss of a loved one. Grief doesn’t just end at a certain point after a loved one’s death. Reminders can bring back the pain of loss, even years later.

Holidays, certain places, birthdays, sights, sounds or smells can make grief come back. This isn’t a bad thing; it’s a sign that the loved one was cherished. If you know what to expect, you can help the person in your care cope better.

Anniversary Reactions can last for days or weeks often causing:

- Sadness, loneliness and crying spells
- Anger
- Anxiety
- Lack of interest in usual activities
- Trouble eating and sleeping, including stomach upset and nightmares
- Memories of events surrounding their loved one’s death

Dealing with Returning Grief

Be prepared. Don’t let the person dread upcoming anniversary days. Grief is often worked through on these days and it becomes a time for healing.

Plan Distractions. Arrange a short trip or visit with friends or family.

Reminisce. Encourage the person to talk about shared good times.

Start a new tradition. Make a donation or plant a tree in honor of the loved one.

Connect with others. Talk about loss with people who were special to the loved one.

Support also comes from religious and social groups, as well as bereavement support groups.

Feel. Celebrate special times; you might find both of you crying and laughing.

When Grief Becomes Overly Intense

If the grief of the person in your care is getting worse over time, or interferes with daily life, consult a grief counselor or other mental health provider. With professional help, you can help the person return to the path toward healing.

Food Scraps

NATIONAL JUNK FOOD DAY

Thursday, July 21, is National Junk Food Day, and in honor of this joyous occasion we should have a little fun. Ask any dietitian and they'll tell you "*it's all a balance*". Yes—we should eat right, but we have to eat cupcakes and potato chips once in a while too! According to *The Snack Food Association*, the first potato chip was created in Saratoga Springs, New York in 1853, and has been a hit ever since. US retail sales of the potato chip alone exceed \$6 billion a year. The early 1900's saw the boom of the candy bar industry with the introduction of some powerhouses like Hershey's Milk Chocolate Bar in 1900, Butterfinger in 1923 and the Snickers Bar introduced in 1930. Since then the candy bar industry has boomed with annual sales in the billions. What kinds of snacks you eat depend on where you are in the world. For example, it is said that Pringles Potato Snacks have seaweed and shellfish flavors in Asia. The Little Debbie snack company, started in the 1960's and was named after the founder's granddaughter Debbie. The Twinkie was invented in 1930 in Illinois after Hostess was purchased in 1925—the same company that brings us Wonder bread. Junk food is an inescapable part of life as human beings. And it's okay to indulge once in a while—as long as we balance it.

"You can find your way across the country using burger joints the way a navigator uses stars." Charles Kuralt

When planning one's own diet the most important thing to do is to pay attention. If you ate a bag of chips today, don't eat chips tomorrow. If your vegetable intake was low yesterday, eat more vegetables and fruits today. And so on---

Did You Know?

- Texas, New York, Connecticut, Ohio, Oklahoma and Wisconsin all boast of being the birthplace of the American Hamburger.
- The world's largest pizza ever baked was in a high school parking lot in Iowa in 2005. It produced over 50,000 slices.
- Cocoa-Cola is the most recognizable logo (of anything) McDonald's is second.

JULY 2011 SCHEDULE

Friday, July 1- County Furlough Day, ADRC and all Senior Mealsites are closed.

Monday, July 4- Happy 4th of July!! ADRC and all Senior Mealsites are closed.

Wednesday, July 6- April Martell, UW-Extension coordinator will give program at Adult Center, Mauston at 11:30 a.m.

Thursday, July 7- April Martell will give program at Camp Douglas Village Hall at 11:05 and then at New Lisbon Mealsite at noon.

Monday, July 11- Alzheimer Support Group Meets in ADRC at 1:30 p.m. Speaker will be Sue Price, LEEPS Program Coordinator.

Tuesday, July 12- April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

Wednesday, July 13- April Martell will give program at Beagles Bar & Grill, Lyndon Station at 11 a.m.

Thursday, July 14- April Martell will give program at Necedah Village Hall at 11:30 a.m.

Friday, July 15- April Martell will give a program at Bernies Wagon Wheel II, Wonewoc at 11:30 a.m.

Monday, July 18- Committee on Aging & Disability Meeting at 9:30 a.m. in Room 1 of Juneau County Courthouse.

Thursday, July 28- Sharing Supper in Mauston High School, 5-7 p.m Everyone welcome, FREE admission, Come and Join the Fun!!

Friday, July 29 & Saturday, July 30- Relay for Life Cancer Walk, at Mauston High School.



July Birthdays

July 6- Dorothy Kranas **July 7-** Carol Carter

July 9- Elizabeth Hall & Audrey Jerdee

July 14- Mary Claire Marshall **July 18-** Dorothy Schultz

July 19- Gloria Fish & Evelyn Morris

July 20- Lyle Fish **July 22-** Alice Nelson

July 25- Elaine Richardson **July 30-** Debbie Stack

MILE BLUFF MEDICAL CENTER DATES

Community Blood Drive

For more information and to register call the Blood Center of Wisconsin at 888-310-7555 **Monday, July 18** 9 a.m.-2 p.m. & **July 19**, 9 a.m. –2 p.m. in Mile Bluff Medical Center in Mauston.

Family & Friends Connection

For more information call 608-847-1838. For family and friends of nursing home residents. **Tuesday, July 12** 2-3 p.m. in Fair View Nursing Home, Topic: *Understanding Medicare and Medical Assistance.*

AA Group

For more information call 847-6878 or call the AA Hotline at 608-222-8989. Meetings take place in Mile Bluff Medical Center in Mauston and are closed with no smoking. **Sundays**, 6 p.m. and **Mondays** 7:30 p.m.

AL-ANON Group

For more information call 608-562-5611. **Mondays**, 7:30 p.m. Mile Bluff Medical Center in Mauston.

Gambling Anonymous Group

Tuesdays, 10:30 a.m. in Bethany Lutheran Church, 701 Grove Street, Mauston

Narcotics Anonymous Group

If interested in group meetings or NA resources, call Dennis at 608-562-6223 or 608-547-2533.

Social Services- Outpatient Counseling

For more information call 608-847-1838. Group and individual counseling services are available in Mauston and Lake Delton.

SAVE THE DATE—

Golf Outing Fundraiser

For more information, registration forms or to inquire about sponsorship/donation opportunities, call 847-1439. Teams are now forming for Mile Bluff's Medical Center Foundation's **August 11** golf outing fundraiser. As a bonus, if you get a hole-in-one, you will win a FREE CAR from Kudick! All proceeds from the event will benefit the health of the community. Space is limited, and registration deadline in **Friday, July 29. Thursday, August 11**, Castle Rock Golf Course, W3285 Welch Prairie Road, New Lisbon. Registration- 11 a.m. Shot gun Start- Noon, Reception (Social Time & Dinner)- 5:30 p.m., Banquet (awards, raffles & more)- 7 p.m.

4th Annual Womens Night Out

For information about sponsorship, donation and exhibiting opportunities, call 847-1495. The event will feature Kinza Christenson and her inspirational presentation, "Live and Laugh Your Dreams." The evening will also include health and wellness exhibits, interactive sessions, free gift bags, health screenings, door prizes, raffles, snacks, desserts, and fun with hundreds of women. Also, new for 2011 in a salad bar! Watch www.milebluff.com for more details as they become available. **Thursday, Oct. 6** From 4:30 – 9:00 p.m. in Mauston High School.

Lightning Safety Awareness Week

June 20-24, 2011

“When Thunder Roars... Go Indoors!”

(Madison)—Each year more than 400 people are struck by lightning in the United States. Around 60 are killed and hundreds of others suffer lifelong pain and permanent neurological disabilities. In Wisconsin we have had 23 lightning deaths since 1982.

But you can protect yourself and your family by knowing these simple lightning safety facts and tips.

- If you hear thunder, you are in danger. Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat. Don't wait, seek shelter immediately. Remember: When thunder roars... Go indoors!
- A fully enclosed building with wiring and plumbing offers the best protection. Sheds, picnic shelters and covered porches DO NOT protect from lightning.
- If a building is not available, get into a hard topped metal vehicle and close all the windows.
- Stay inside a safe building or vehicle at least 30 minutes after you hear the last clap of thunder.
- Keep away from electrical equipment and wiring.
- Because water pipes conduct electricity, don't take a bath or shower or use other plumbing during a storm.
- Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike taller objects in the area.
- Get an Emergency Weather Radio. It will alert you to the threat of severe thunderstorms in your neighborhood.

From State Of Wisconsin Dept of Military Affairs, Div. Of Emergency Management.

Act fast if someone is struck by lightning-

- Lightning victims don't carry an electric charge, are safe to touch and need urgent medical attention. Cardiac arrest is the immediate cause of death.
- Call 911 immediately
- Give CPR if the person is unresponsive or not breathing. Use an Automatic External Defibrillator if one is available.
- If possible, move victim to a safer place. Lightning can strike twice. Don't be a victim.

Lightning Facts

- Lightning occurs in all thunderstorms, each year lightning strikes the United States 25 million times.
- Lightning often strikes the same place repeatedly, especially tall isolated objects.
- Most lightning victims are in open areas or near a tree.
- The energy from one lightning flash could light a 100-watt bulb for more than 3 months.

- The air near a lightning strike is heated to 50,000°F --- 5 times hotter than the surface of the sun.
- The rapid heating and cooling of the air near the lightning channel causes a shock wave which results in thunder.

Lightning Myths

- Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.
- Fact- The metal roof and sides protect you, NOT the rubber tires. When lightning strikes a vehicle it goes through the metal frame into the ground. Don't lean on the vehicle doors during a thunderstorm.
- Myth: If trapped outside and lightning is about to strike you should lie flat on the ground.
- Fact- Lying flat increases your chance of being hit by a ground current. If you are caught outside in a thunderstorm keep moving toward a safe shelter.
- Myth: If thunderstorms threaten while you are outside playing a game it is OK to finish before seeking shelter.
- Fact: Many lightning casualties occur because people do not seek shelter soon enough. No game is worth death or lifelong injuries. Seek shelter immediately if you hear thunder. Adults are responsible for the safety of children.

For additional information about lightning safety and awareness go to <http://readyisconsin.wi.gov> You can also contact your local public health department county emergency management director or the National Weather Service.

FAMILY CARE AND IRIS PROGRAM PUBLIC FORUM

Participants of the Family Care and IRIS Programs have received services through the Aging and Disability Resource Center of Southwest Wisconsin and area providers are invited to participate in a public forum to discuss their experience with these programs. Family members and the general public is also invited.

You are encouraged to participate in this 2 hour forum which will be lead by a facilitator from the UW-Extension of Iowa County. Comments and ideas from this event will be collected and shared with the policy makers at the State Department of Health Services (DHS) and members of the State Long Term Care Council.

When: July 28, 2011

Where: Iowa County Health & Human Services Building
Dodgeville, Wi.
303 W. Chapel Street
Dodgeville, WI 53533
Community Room

Time: 10:00 a.m. – 12:00 p.m.

RSVP (required): Call toll free 1-877-794-2372

**Sponsored by the Greater Wisconsin Agency on Aging Resources Inc and
The Aging & Disability Resource Center of Southwest Wisconsin**

TELEPHONE

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Busy Signal
Emergency
Operator
Telephone

Caller ID
Extension
Phone Company
Three way calling

Collect Call
Keypad
Please Hold
Toll Free

Cord
Long Distance
Pulse
Tone

Dial Tone
Numbers
Ring
Wrong Number